



BetterHealthThroughEducation

Free & Open to the Public

Janet Goeske Center 5257 Sierra Street, Riverside

## October 20 8:00 am - 3:00 pm

**Disaster Staging Exercise** Safety and Fall Prevention Luncheon Reservations Required 951-321-6408 (Limited Seating)

**Health Fair Highlights** 3K Fun Walk (8 am Start at Sears) Free Flu Shots \* **Health Screenings** Wellness Spa \*Provided timely serum delivery

Be GREEN! Drop off your unused and/or expired prescriptions and over-the-counter meds for safe disposal!







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